STAGE 6 SUBJECT SELECTION | YEAR 10 INTO YEAR 11

Health & Movement Science

Explore the science of the body, health and human performance — and open doors to university and careers in health, medicine, sport and exercise.

An ATAR (Board Developed) Course • NESA 2023 Syllabus • First HSC 2026

What is Health & Movement Science?

The new NESA Stage 6 course that replaced PDHPE from 2025

A science of people, in motion.

Health & Movement Science applies scientific thinking — physiology, data, evidence and research — to real questions about health, fitness and human performance.

It builds directly on PDHPE from Years 7–10, but goes deeper: less rote memorisation, much more investigation, analysis and application, through case studies and a hands-on Collaborative Investigation.

2
Units — a standard ATAR-weighted course

2026
Year of the first HSC examination

4
Focus areas across Year 11 and 12

What You'll Learn — Year 11

Two focus areas build your foundations in health and movement

Health for Individuals & Communities

- What shapes health decisions and behaviours
- Health literacy & evaluating health information
- Health promotion and priority population groups

The Body & Mind in Motion

- How the body's systems produce movement
- Biomechanics of efficient movement
- The mind-body connection in performance

What You'll Learn — Year 12

Deepen your knowledge and apply it through real case studies

Health in an Australian & Global Context

- Australia's health system & health priorities
- Health inequities across population groups
- Global health issues and initiatives

Training for Improved Performance

- Physiological adaptations to training
- Designing & evaluating training programs
- Nutrition, recovery and performance factors

Plus 30 hours of case studies — apply your knowledge to real, contemporary health and performance scenarios, just like a scientist would.

Skills You'll Build

The syllabus is designed around six transferable skills — useful in every subject and career

Collaboration

Work in teams to plan & problem-solve

Analysis

Interpret data and evidence critically

Communication

Present findings clearly and confidently

Creative Thinking

Design solutions to real health issues

Problem-Solving

Apply concepts to unfamiliar scenarios

Research

Investigate using scientific method

Careers This Subject Links To

A recognised pathway into health, medical, exercise and community-service careers

Physiotherapy

Exercise Physiology

Sports Medicine

Nursing & Paramedicine

Psychology

Occupational Therapy

Public Health

PE Teaching & Coaching

Health Research & Policy

Why Choose Health & Movement Science?

Real-world relevance

You'll understand your own body, health and fitness for life — not just for an exam.

Genuine science course

Rigorous, evidence-based content that satisfies university science-recognition requirements at many institutions.

Strong university links

A direct pathway into health science, medicine, nursing, exercise science, teaching and psychology degrees.

Practical & engaging

Case studies and a Collaborative Investigation mean less rote learning, more doing.

Who Would Suit This Subject?

You don't need to be the fastest or fittest in the room — you need curiosity about people and the body

Curious thinkers

Enjoy asking why the body and mind work the way they do

Data-comfortable

Happy interpreting graphs, data and research evidence

Active or interested in sport

Play sport, train, coach — or are simply interested in performance

Future health professionals

Considering nursing, medicine, physio, psych or allied health

Team players

Enjoy collaborative projects and group investigations

Strong writers

Comfortable with extended written and case-study responses

An ATAR Subject That Leads to University

Board Developed, ATAR-counting

Health & Movement Science is a standard 2-unit Board Developed Course — the same status as Biology, Business Studies or Modern History.

Its HSC mark counts toward the ATAR like any other subject, and it can be combined with any pattern of other courses to meet the minimum 10-unit HSC requirement.

Universities recognise it as evidence of scientific literacy, research skill and written communication — all valued in tertiary study.

Opens tertiary pathways

- Exercise & Sport Science degrees
- Physiotherapy & Allied Health
- Nursing & Paramedicine
- Medicine (as a well-regarded elective)
- Psychology
- Secondary Teaching (PE / Health)
- Public Health & Health Promotion

Does It Scale Well?

Honest facts about scaling — so you can choose with your eyes open

Scaling isn't fixed — it depends on the cohort.

NSW scaling is recalculated every year based on the students who sit each course and how they perform across all their subjects — no subject has a permanently 'locked in' scaled value.

Health & Movement Science is brand new (first HSC in 2026), so there's no scaling history of its own yet. As a guide, PDHPE — the course it replaces and closely resembles — has typically scaled around the middle-to-lower end of HSC subjects, similar to many other applied/humanities courses.

The new course leans more scientific and analytical than PDHPE, which may support scaling over time — but this will only become clear after real HSC cohorts sit it.

The scaling reality

Scaling rewards strong performance far more than subject choice alone. Pick a subject you'll do well in and enjoy — that consistently beats chasing a 'better-scaling' subject you're not suited to.

Bottom line

Choose it for the science, the skills and the pathway — not for scaling alone. Talk to your careers adviser about the latest UAC scaling data closer to subject selection.

Ready to Choose Health & Movement Science?

Science of the body. Skills for life. A pathway to health, medicine, sport and exercise careers.

Speak to your PDHPE / HMS teacher

Chat with your careers adviser

Check university course prerequisites